

**For more information, contact:**

**Other resources:**

**National Pediculosis Association**

[www.headlice.org](http://www.headlice.org)

**Washington State**

**Department of Health**

[www.doh.wa.gov/Publicat/  
Publications.htm#](http://www.doh.wa.gov/Publicat/Publications.htm#)

Go to Program-related Publications

**Lice Aren't Nice Community**

**Coalition of Snohomish County**

[www.snonet.org/licearentnice/](http://www.snonet.org/licearentnice/)

**Public Health–Seattle & King  
County**

[www.metrokc.gov/HEALTH/  
prevcont/lice97.htm](http://www.metrokc.gov/HEALTH/prevcont/lice97.htm)

**Spokane Regional Health District**

[www.spokanecounty.org/health/  
HEP/Lice/liceinfo.htm](http://www.spokanecounty.org/health/HEP/Lice/liceinfo.htm)

# Fight Lice!

**Steps you can take with your child  
to prevent and treat head lice.**

- Don't let kids share hats or combs
- Check regularly for head lice
- Don't overreact or over treat
- Pesticides aren't necessary
- Use a special lice comb
- Wash and clean household items

## Keep in mind. . .

Head lice are passed from one person to another. They can't jump or fly. Getting head lice is like getting a cold. It's not a cause for blame or shame. If your child comes home with head lice, stay calm. Don't overreact or over treat.

## What they look like. . .

The pictures below are many times larger than actual size. Adult head lice are about the size of sesame seeds. An egg is smaller than the head of a pin.



*Head lice are tiny insects that need human blood to survive. Life span is about 20 days. They do not spread diseases.*

*Lice eggs, called nits, are tiny ovals that are stuck to the hair close to the scalp. They are hard to remove.*



## How to prevent getting head lice. . .

- Teach your children not to share combs, hats, scarves and coats.
- Check your child's head for lice and nits several times a week.
- Check all family members for lice and nits.
- Frequently clean stuffed toys, head phones, sports gear, sleeping mats, pillows, or anything that comes in contact with your child's head.

## What to do. . .

### 1. Pesticides aren't necessary.

Lice shampoos contain pesticides that are harmful to children. These pesticides almost never kill all the lice and nits. The danger is from overuse and not following directions.

### 2. Use a special lice comb to remove all the lice and nits.

The only proven method for getting rid of head lice is to thoroughly comb the hair twice a day for 21 days with a special lice comb. These fine-toothed combs remove both lice and nits. Wet the hair and completely dry it. It's best to use a blow dryer. This loosens the nits. Wet the hair again and part it into sections. Comb a little at a time, working through each section. Keep the hair wet as you go. Wipe the comb off with a tissue after every stroke.

### 3. Clean and wash household items.

- After using a lice comb, wash towels and clothing in HOT water. Sanitize combs and dispose of tissues.
- Wash bedding, clothing, hats, coats and scarves. Use the HOT cycle on the washer and dryer.
- Vacuum carpets, furniture, day packs and car seats.
- Seal items you can't wash in a plastic bag for 21 days.

**You may need to repeat these steps until all the lice are gone.**



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